

### **ABSTRACT OF THE DISCLOSURE**

A construction block for use in the construction of elemental structures, including a body having a bottom surface, a top surface, end surfaces, an outer surface which forms part of an outer surface of a structure and an inner face. At least one formation on or in at least the inner face and/or at least one of the end faces receives and retains at least one insulating element. The insulating element provides thermal insulation for the structure formed from such construction blocks.